

What is claimed is:

1. An orally administered composition for reducing tobacco consumption, comprising:
 - a base ingredient;
 - a predetermined amount of *Plantago major*; and
 - a predetermined amount of an additive for diminishing the odor characteristics of tobacco.
2. A composition according to claim 1, wherein the *Plantago major* is a homeopathic preparation.
3. A composition according to claim 1, wherein said additive for diminishing the odor characteristics of tobacco includes a masking agent.
4. A composition according to claim 3, wherein said masking agent includes one of mint, licorice, cherry, cinnamon, spearmint, peppermint, anis, garlic, cloves and coffee.
5. A composition according to claim 1, wherein said additive for diminishing the odor characteristics of tobacco includes an antiseptic agent.

6. A composition according to claim 5, wherein said antiseptic agent includes one of an
antiseptically effective amount of alcohol, thymol, menthol, eucalyptol and
methyl salicylate.
7. A composition according to claim 1, wherein said additive for diminishing the odor
characteristics of tobacco includes a neutralizing agent.
8. A composition according to claim 7, wherein said neutralizing agent includes one of
bicarbonate or an effective salt thereof, citrus extract and citric acid.
9. A composition according to claim 1, wherein said base ingredient is in liquid form.
10. A composition according to claim 1, wherein said base ingredient is in solid form.

11. A method for reducing tobacco consumption of a human, while providing fresh
breath, comprising:
preparing a compound comprising *Plantago major*;
providing an additive for diminishing the odor characteristics of tobacco;
5 combining said *Plantago major* and said additive to formulate a composition
which diminishes tobacco consumption while diminishing the odor characteristics
of tobacco; and
orally administering said composition to a human.
12. A method according to claim 11, wherein the oral administration is carried out
through a spray.
13. A method according to claim 11, further including formulating said composition into
a liquid.
14. A method according to claim 11, further including forming said composition into an
orally dissolvable tablet.
15. A method according to claim 11, where preparing a compound comprising *Plantago*
20 *major* includes preparing said compound homeopathically.

16. A method according to claim 11, where preparing a compound comprising *Plantago*
5 *major* includes preparing said compound through alcohol extraction.

17. A method according to claim 11, where preparing a compound comprising *Plantago*
major includes preparing said compound through water extraction.

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